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A spinal disc prosthesis comprising:

What is claimed is:

1.

- an outer case adapted for attachment to spinal structure of a body;
 - a cartridge removably mounted in said outer case; and
 - a shock absorbing core within the cartridge.
- 2. The spinal disc prosthesis according to claim 1, wherein said cartridge is releasably locked to said outer case.
- 3. The spinal disc prosthesis according to claim 1, wherein an outer surface of said outer case is coated with a bone-growth-encouraging material.
- 4. The spinal disc prosthesis according to claim 1, wherein an outer surface of said outer case comprises at least one anchoring element.
- 5. The spinal disc prosthesis according to claim 1, wherein said shock absorbing core comprises an elastomer material.
- 6. The spinal disc prosthesis according to claim 1, wherein said shock absorbing core comprises a fluid shock-absorbing material.
- 7. The spinal disc prosthesis according to claim 1, wherein said shock absorbing core comprises materials with different resilient properties.
- 8. The spinal disc prosthesis according to claim 1, wherein said shock absorbing core is at least partially surrounded by an elastomeric ring.
- 9. The spinal disc prosthesis according to claim 1, wherein said outer case comprises an upper plate and a lower plate attachable to spinal structure of a body.